



The Journal

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January 26, 2017

The Construction Edition



Commander's Construction Corner

By Capt. Marvin Jones,
NSA Bethesda
Commanding Officer

Thank you for taking the time to check out this special issue of The Journal.

Just as the mission of Naval Support Activity Bethesda is centered around customer service and support for the men and women who make-up this unique military installation, NSAB also serves as home to multiple commands whose primary missions focus on healing, wellness and valuable research. Thus, we proudly proclaim the adage, "We provide support to those who provide support."

In support of the many missions carried out on this installation, occasionally it becomes necessary to physically reconfigure and enhance our work environments based on changing objectives and projected requirements.

This issue of The Journal provides you with important information about upcoming and ongoing projects designed to improve the capabilities of our mission partners, particularly Walter Reed National Military Medical Center. You'll also find information about the Maryland Route 355 tunnel crossing project that will take place between Medical Center Metro Station and NSAB Gate 1 (South Gate).

If you take the time to really absorb the content of this issue, you'll discover greater detail about these projects and how they tie together.

Hopefully, you'll also gain insights that add context and understanding for the occasional "growing pains" we have to endure and experience during these projects. From road closures to changing traffic routes to building relocations, our goal is to provide information to help you navigate



through changing traffic patterns as construction is performed.

You can help our security and construction management teams as well as everyone else on the installation by being patient, flexible, and vigilant.

We will do everything we can to ensure minimal impact to daily operations, but by the very nature of what has to be accomplished construction-wise, we can expect that there will be occasional delays and traffic interruptions. Please pay attention to advisories and messages

from the NSAB staff and your own organizations about reroutes, gate operations, parking adjustments and other impactful activities.

And, as always, if you see something, please say something. During construction, things may get a little chaotic now and then. It's important to be aware when something just doesn't look right — and to report it.

Thank you for your continued patience and for taking the time to educate yourself on the construction taking place here at NSAB. Have an incredible week!

Bethesda Notebook

Spiritual Resiliency Breakfast

The Department of Pastoral Care's Spiritual Resiliency Annual Prayer Breakfast is scheduled for Feb. 8 at 6:30 a.m. in Building 62's Warrior Café. Meal vouchers are available at the Pastoral Care Office. For more information, call the office at 301-295-1510.

Drug-Free Workplace Training

Drug-free workplace training is required for all Walter Reed Bethesda GS civilian employees who have not attended any previous session. The next half-hour training sessions are Feb. 13 in Building 10's Clark Auditorium beginning at 6:30 a.m., 10 a.m., 1 p.m. and 3 p.m. For more information, call Andrea Calizo at 301-319-4572 or Monte Clingerman at 301-295-0308.

Platelet Donation Drive

The Walter Reed Donor Center in Building 9 in room 1671 is hosting a platelet donation drive through the end of the month every weekday from 8 a.m. to 3:30 p.m. Go to militarydonor.com to make an appointment, call 301-295-2104, or visit the center in person, located on the first floor of Building 9 near the Wedge Café. Donated blood and platelets are given to wounded warriors, children and trauma patients to help them recover from chemotherapy and other surgical procedures.

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2017 CONSTRUCTION TIMELINE

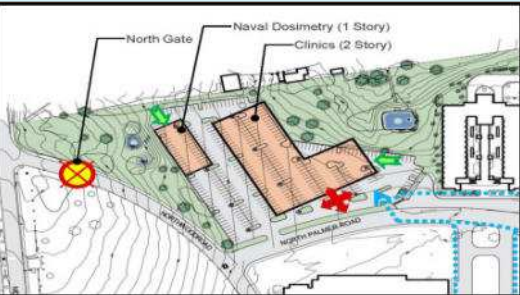
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Work on Brown Drive is expected to be completed in the spring. It has been closed to prepare for the construction of new hospital buildings.



Building a second temporary building on the G-Lot is expected to be completed by the end of 2017, which will provide temporary work space to support hospital operations.



The MD 355 crossing is expected to be completed mid to late 2020. It is being built to improve access to Medical Center Metro Station and increase pedestrian safety across MD 355 at Gate 2 (South Wood Rd).

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By texting the following keywords to 888-777, you can receive updates about traffic and other information tied to NSA Bethesda.
NSA Bethesda Traffic - text: NSABTraffic
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IMAGE COURTESY WRNMMC PUBLIC AFFAIRS

An artist's rendition of the remodeled Walter Reed National Military Medical Center.

A Vision for the future of Military Medicine at Walter Reed Bethesda

By Joseph Nieves and Sandy B. Dean
WRNMMC Public Affairs

As the New Year begins, major construction upgrades will continue at Walter Reed National Military Medical Center enhancing the patient experience, and the clinical and training environment.

Health care in the clinics of Walter Reed Bethesda, on the campus of Naval Support Activity Bethesda, has taken place for more than 75 years; therefore, upgrades are needed to ensure the Flagship of Military Medicine remains at the forefront, delivering high quality patient care and setting benchmarks in medical innovation and research.

“For the 450,000 Department of Defense beneficiaries within the National Capital Region, Walter Reed Bethesda endeavors to serve each patient with an unyielding passion for customized care to the individual patient and family need,” said Army Col. Anthony Meador, WRNMMC’s assistant chief of staff.

“Some home owners choose to demolish and renovate rather than make repairs because it is more cost effective. Over the next few years, Walter Reed Bethesda, will demolish and



IMAGE COURTESY WRNMMC PUBLIC AFFAIRS

An artist's rendition of the remodeled Walter Reed National Military Medical Center.

FUTURE

From
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renovate on the medical campus said Navy Cdr. Gregg Benton, WRNMMC's facilities management department chief. "Medical center staff members are also working diligently to ensure the changes will not impact patient care," added Benton.

Buildings 2, 4, 6, 7 and 8, built between the years 1945 and 1960, at the core of the Medical Center, will be demolished and replaced with the new construction that will be known as Building C. During this replacement period, 44 separate service lines will operate out of a temporary facility that will be located in what is currently the G Lot.

Enhancements within Building C propelling Walter Reed Bethesda into the future include the establishment of a centralized Women's Health Center, the repositioning of the Wounded Warrior (WW) Medical Home clinic, new family-centered Medical and Surgical inpatient bedrooms and amenities, and a Pain Block and Stone Center. For an even stronger more comprehensive approach to patient care, education, training and research spaces will be



IMAGE COURTESY WRNMMC PUBLIC AFFAIRS

An artist's rendition of the remodeled Walter Reed National Military Medical Center.

augmented to support simulation capability. Additional square footage will also be added to Inpatient Occupational Therapy, Physical Therapy, Nutrition and Social Work.

Both patients and staff will also

benefit from a new utility tunnel that will strengthen the communications infrastructure to accommodate modern technology and the ongoing pursuit of military medical excellence.

For future updates on the construction please visit our

Facebook and Twitter platforms and the Walter Reed National Military Medical Center website: <http://go.usa.gov/x92bk> and for more in-depth information please continue to visit The Journal publication: <http://www.dcmilitary.com/>

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Construction 101: What to Know About Construction on Base

By Andrew Damstedt
The Journal

With the reinforced precast concrete panels going up for a new parking garage, underground utility work happening now, and the planned years-long Walter Reed National Military Medical Center (WRNMMC) remodel set to start in 2018, Naval Support Activity Bethesda (NSAB) will be under construction for the foreseeable future.

That means inevitable disruption to normal operating procedures, traffic, and pedestrian flow and parking.

“For the next six years it’s going to be a little bit disruptive, there’s a lot of funding effort going into this,” said Naval Facilities Engineering Command Comprehensive Master Plan program manager Andy Buzbee.

This is the first time the Department of Defense is rebuilding an active military hospital on the same site, Buzbee said.

“Typically, new hospital projects utilize an area that’s vacant and will build the replacement hospital from ground up,” Buzbee said. “The difference in this hospital is we don’t have that luxury, we don’t have the land ... And on top of that this project must maintain the historical significance of the existing hospital.”

The medical center will be fully functional during this remodel.

“Renovations to our infrastructure are necessary to sustain medical readiness,” said Army Col. Anthony Meador, WRNMMC’s assistant chief of staff. “This will be a complex task, but the medical center will remain fully functional providing safe and quality care during the remodel.”

Before the medical center project can start, a lot of the preparatory work has to be completed, Buzbee said. That includes building temporary medical facilities, finishing utility relocation work, constructing a pedestrian tunnel between Buildings 9 and 19, building a new base communications center and installing new emergency generators.

A utility project that started in 2015 is on track for a late fall completion. The project consists of installing new and relocating existing utilities. It has run into delays, in part because a 48-inch diameter drill bit broke after hitting harder rock than expected, according to construction manager Jean Band.

A portion of Brown Drive has been closed during the work, and when it moves north, another portion of that road will close. That will create new routes into the parking garages on that street. The sidewalk next to the America Garage leading into Building 5 will also close, according to NSAB transportation officer Ryan Emery.

“That’s one of the major arteries for folks coming to and from the parking garages, Building 17, the gym, etc., going in and out of the hospital,” said Emery. “So people are going to have to go to an alternate route, either further south on Brown Drive to go into Building 7, or further north to North Palmer Road, to then walk around the America Garage.”

During construction, he said people will have to adjust how they drive on base, where they park



PHOTO BY SEAN HANLON

A drill gets lowered into a pit as part of the construction work to relocate utilities in preparation for the Walter Reed National Military Medical Center remodel.

and the route they use to get to work.

There will be minimal changes to the shuttle system, he said. The blue line will continue its altered route while Brown Drive is closed.

Emery said he plans on using many communication channels to get the word out about traffic impacts so people can know of alternative ways to get where they need to go on base.

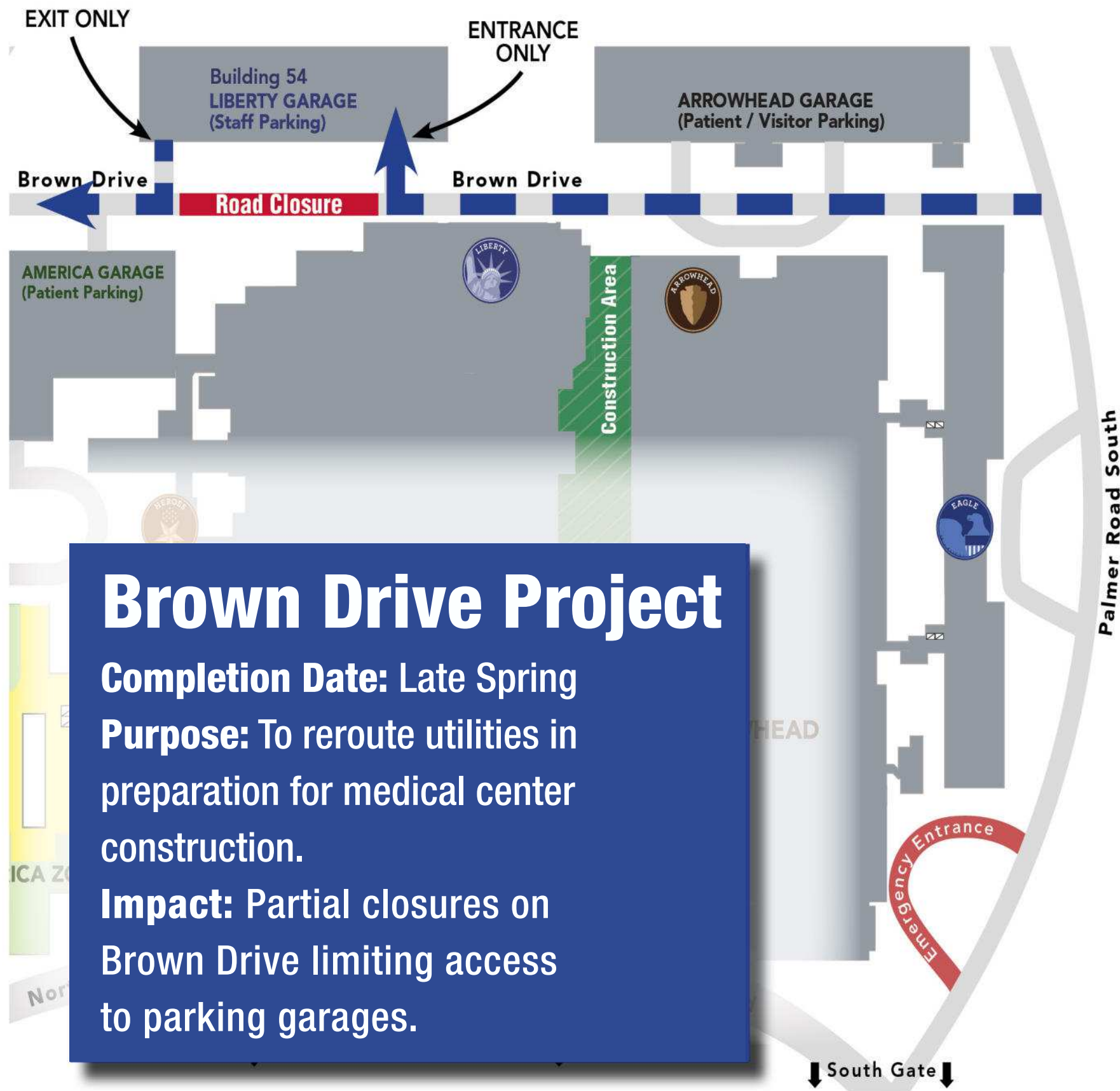
People can text “NSABTraffic” to 888-777 for traffic updates, he said. Construction information

will also be shared through town halls and the daily Postmaster.

Meador said beneficiaries and staff can expect coordinated, timely communication during the renovation to ensure all can safely navigate the medical campus and to lessen the impact to patient care.

See **CONSTRUCTION**

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Work Progressing Along Brown Drive

By MC2 Hank Gettys
NSAB Public Affairs

Above: The illustration above is provided courtesy of WRNMMC. It shows the anticipated traffic pattern during the next phase of work on Brown Drive — set to begin in February.

One of the main thoroughfares on Naval Support Activity Bethesda is Brown Drive, running along the hospital and three parking garages as well as an access route for pedestrian traffic.

Brown Drive has been closed since the summer, causing much frustration and confusion, but it is for a very important purpose.

“What we are doing is we are moving the utilities [of

the hospital], as there is a project upcoming that is going to demolish various buildings, and in its place will be a new addition is going to be built to the hospital,” said Jean Brand, Naval Facilities Engineering Command construction manager for the project. “To allow that to happen without disrupting things like the power, the water and the sewer to the rest of the hospital, we are building this utility tunnel and relocating all the utilities out of the footprint of the future building.”

Skirting around three sides of the hospital, the effects of the construction are most clearly seen by the closing of Brown Drive.

“We started in the north West courtyard then the south west courtyard and east west courtyard,” said

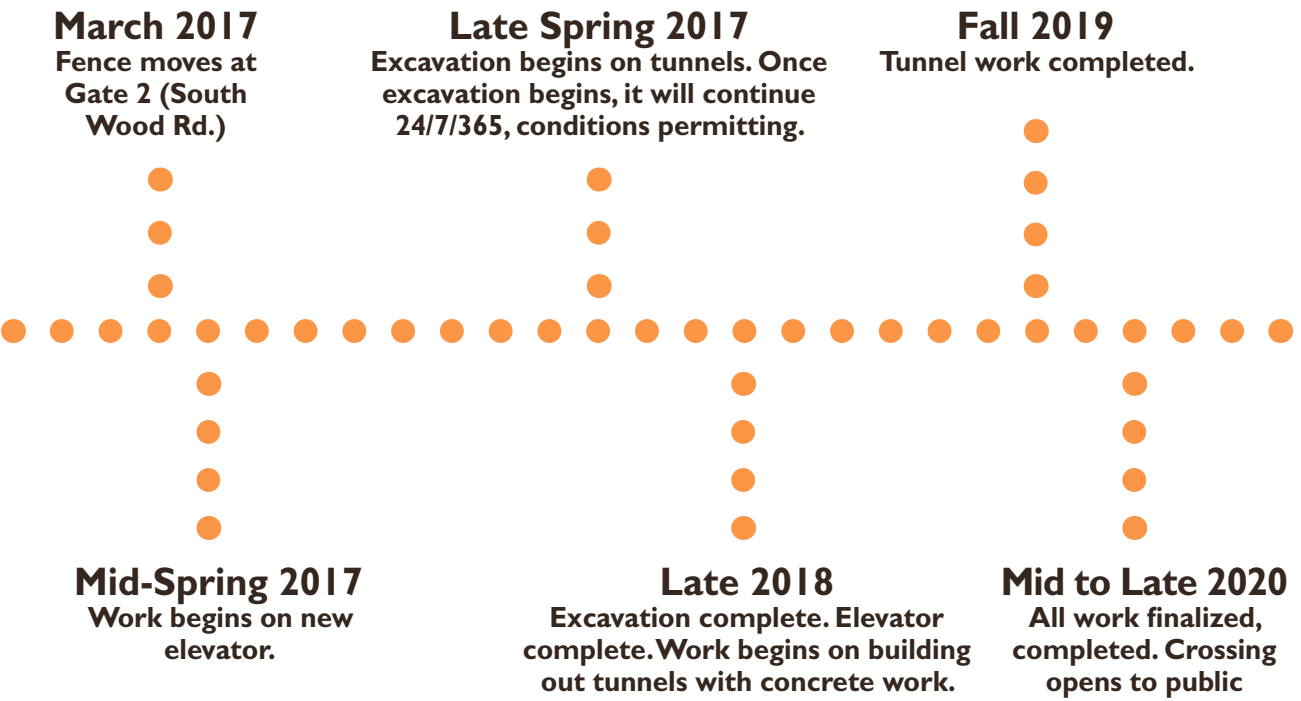
Brand. The part you see that is most visible is on Brown Drive. It crosses Brown Drive and then runs parallel going north.”

Staff, visitors and patients do not have to wait too much longer for the road to reopen, however.

“What’s going to happen is in mid-February, the section they are working on right now is going to complete and reopen, and then a section further north on Brown Drive will be closed to install sewer and storm drain lines,” said Brand. “That should run from February to mid-March, with our plan right now being to reopen Brown Drive completely by mid-March.

“Then, later in the spring or summer we will come back and mill and repave all of Brown Drive.”

MD 355 Crossing Timeline



Snapshot

Start Date: March 2017
Completion Date: Mid to Late 2020

Summary: Creates two tunnels, one directly beneath MD 355 and one at the Medical Center Metro Station, that allow passage from NSA Bethesda Gate 2 area to NIH side of the road without using crosswalk or encountering traffic. Metro work will also add elevator access.

www.md355crossing.com

MD 355 Crossing Work Begins in 2017

By Jeremy K. Brooks
NSAB Public Affairs

At Naval Support Activity Bethesda's South Gate (Gate 2) on Maryland 355 (Wisconsin Ave), pedestrian traffic is heavy. Thousands of people cross the road every week transiting to the base from the Medical Center Metro Station and back. The heavy foot traffic is one of the elements that makes the intersection one of the busiest in the area. With patient, employee and visitor vehicular traffic for the base, Metro Station traffic and normally pass-through traffic on 355, the road stays tremendously busy.

To improve the situation, and as one of the last remaining projects from the original Base Realignment And Closure plan that created NSAB, a pedestrian tunnel will be built to allow foot traffic to cross directly under 355 without the worry of vehicle traffic or signals.

Another tunnel, accessible through the mezzanine level of the metro and an elevator on the east side of MD 355 will allow commuters to avoid having to cross MD 355 as well.

The project is expected to start by the end of spring 2017. Currently, the schedule puts its completion at sometime in 2020.

While it may sound easy to build such a relatively short tunnel, simply digging a hole and putting some walls and stairs isn't going to happen.

When the project is done, there will be elevator access on both sides of 355, and a new passageway that will



Image Courtesy of Clark Construction Group

have been expertly positioned in a tight space near existing utilities and infrastructure. What exists now was built with no anticipation of future underground additions.

During the initial stages of construction, what will be obvious to most observers is the relocation of the fence near the South Gate. The action is currently scheduled for March.

This move had to take place for multiple reasons. The first is to allow for staging of construction equipment. The second is because there will eventually be a tunnel entrance that could not otherwise work without this accommodation.

In mid-spring, excavation will begin on the elevator shaft that will drop to the tunnel that leads directly to the Metro station at Medical Center.

Excavation will begin in late spring for the upper tunnel connecting the east and west sides of 355 at Gate 1 (South Wood Road).

There will be small, controlled detonations used as part of the excavation work, and the digging will continue 24/7, 365 until the final fistful of dirt is removed.

Excavation work is anticipated to be complete in late 2018.

The elevator installation is expected to follow that and be completed shortly after — also in late 2018.

Concrete work to create both tunnels should begin around the same time, and reach completion around, shortly

before officially opening, in mid-2020.

During the work, those who work and live in the area should expect occasional traffic adjustments and reroutes.

Despite the minor inconveniences it may cause, Installation Transportation Officer Ryan Emery encourages people to continue using their normal commute patterns.

"I would tell people to keep using the same gates they usually use," he said. The benefit is the ability of the base to accurately anticipate manning for security and traffic control requirements.

For more information on the project, updates, and traffic alerts, you can visit the Montgomery County website dedicated to the 3-year project at www.md355crossing.com.



PHOTO BY ELIE NAANOUH

The Naval Dosimetry building was built on the G-Lot in anticipation of the remodel for Walter Reed National Military Medical Center. A second, temporary structure is set to be built on the G-Lot soon to house departments that will be relocated during the remodel.

G-Lot Construction

By MC2 Hank Gettys
NSAB Public Affairs

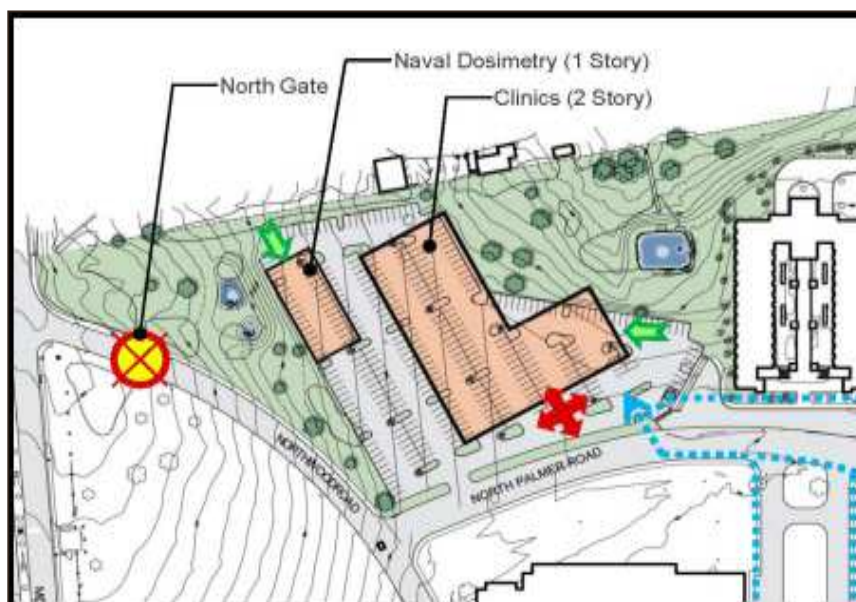
While Walter Reed National Military Medical Center on Naval Support Activity Bethesda [NSAB] is undergoing demolition and construction, patient care will still be the priority.

To provide for the patient during this time of transition, out of what is now the G-Lot parking area will come a temporary hospital structure.

“We are adding a second temporary structure similar to the Dosimetry building [84T] that is already there now,” said Bryan Larkin, Naval Facilities Engineering Command construction manager for the project. “This is going to be much larger, an L-shaped, two-story structure and all modular.”

When construction begins at the medical center, the new structure will be utilized in two stages of personnel and departments.

“It is going to be a swing space, so as [medical center construction] comes into action,



G-Lot is expected to be completed at the end of 2017. Providing temporary work space to keep hospital operations moving.

multiple areas of the hospital will be able to move in and out of the structure of G-Lot in two phases,” said Larkin.

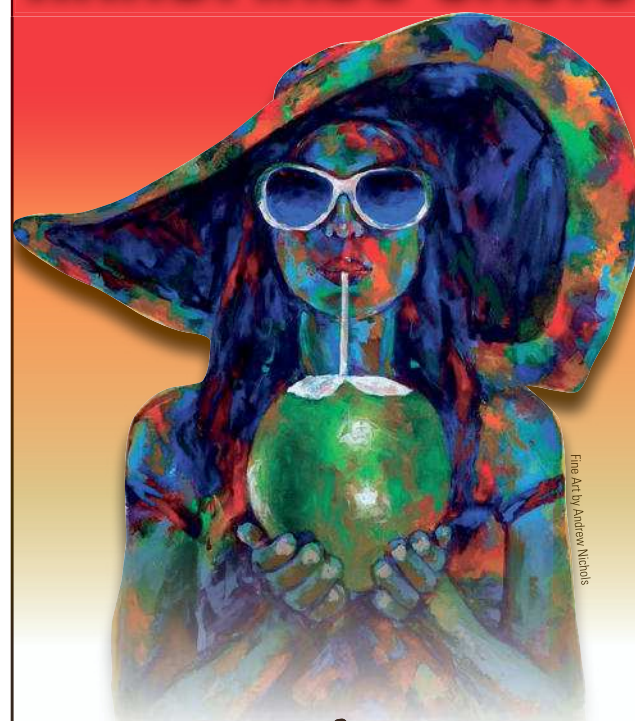
The shipping and construction of the structure will continue throughout the rest of 2017, said Larkin.

“The building will be made

up of modules, each 60 ft. by 11 ft., and are being custom-manufactured at a plant in Pennsylvania,” said Larkin. “They will truck them down, install them and route the utilities.”

Minimal traffic impact is expected, said Larkin.

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H-Lot Parking Garage

By MC3 William Phillips
NSAB Public Affairs

NSAB is building a new parking garage near the Child Development Center (CDC). “[H-Lot] is between the Navy Lodge (Building 52), the bowling alley (Building 56) and the CDC (Building 87),” said construction manager Lt. j.g. Quintrell Mazant.

Before the garage opens, there will be a deficit in parking with the opening of the temporary medical facilities in what was formerly known as G-Lot.

“Opening H-Lot is part of the approved overall medical center consolidated master plan,” said NSAB transportation officer Ryan Emery. “The garage is being built to accommodate staff on board. Initially there will be a loss of approximately 320 spots, but they will be regained when H-Lot opens.”

Mazant said H-Lot will be able to accommodate more than 600 vehicles.

The garage will serve the overall demand for parking, but will also have a primary mission.

“This garage will primarily serve the Medical Facilities Development and the overall need for parking across NSA Bethesda,” said Mazant.

The H-Lot garage is more than halfway complete.

“The contractor has currently raised more than 50% of the precast panels,” said Mazant.

Construction is expected to be completed in the spring.



Workers build the H-Lot parking garage.

PHOTO BY ELIE NAANOUIH

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PHOTO BY JEREMY K. BROOKS

Parking on NSAB

By NSAB Public Affairs

Parking on Naval Support Activity Bethesda is limited.

With nearly 12,000 personnel who work on such a small installation, there is simply no way to accommodate that level of traffic.

Additionally, NSAB is directed by the National Capital Planning Commission to keep parking as close to a 1 to 3 ratio as possible.

The requirement is part of managing traffic in the region, and encourages commuters to use alternative means of transportation, including carpools and public transit options.

Every two years, Ryan Emery, NSAB transportation officer, reviews parking pass distribution. He is tasked with determining whether each mission partner has their fair share to accommodate their personnel and mission.

According to Emery, the number of parking spaces allotted to each mission partner is based on their size in relation to other organizations on the base.

An additional 10% is allotted in overall parking, he says, to accommodate for people on leave, TDY orders, night shift workers, and other exceptional circumstances.

The last new round of parking pass distribution took place in 2013. Emery projects the next round will take place sometime in 2017.





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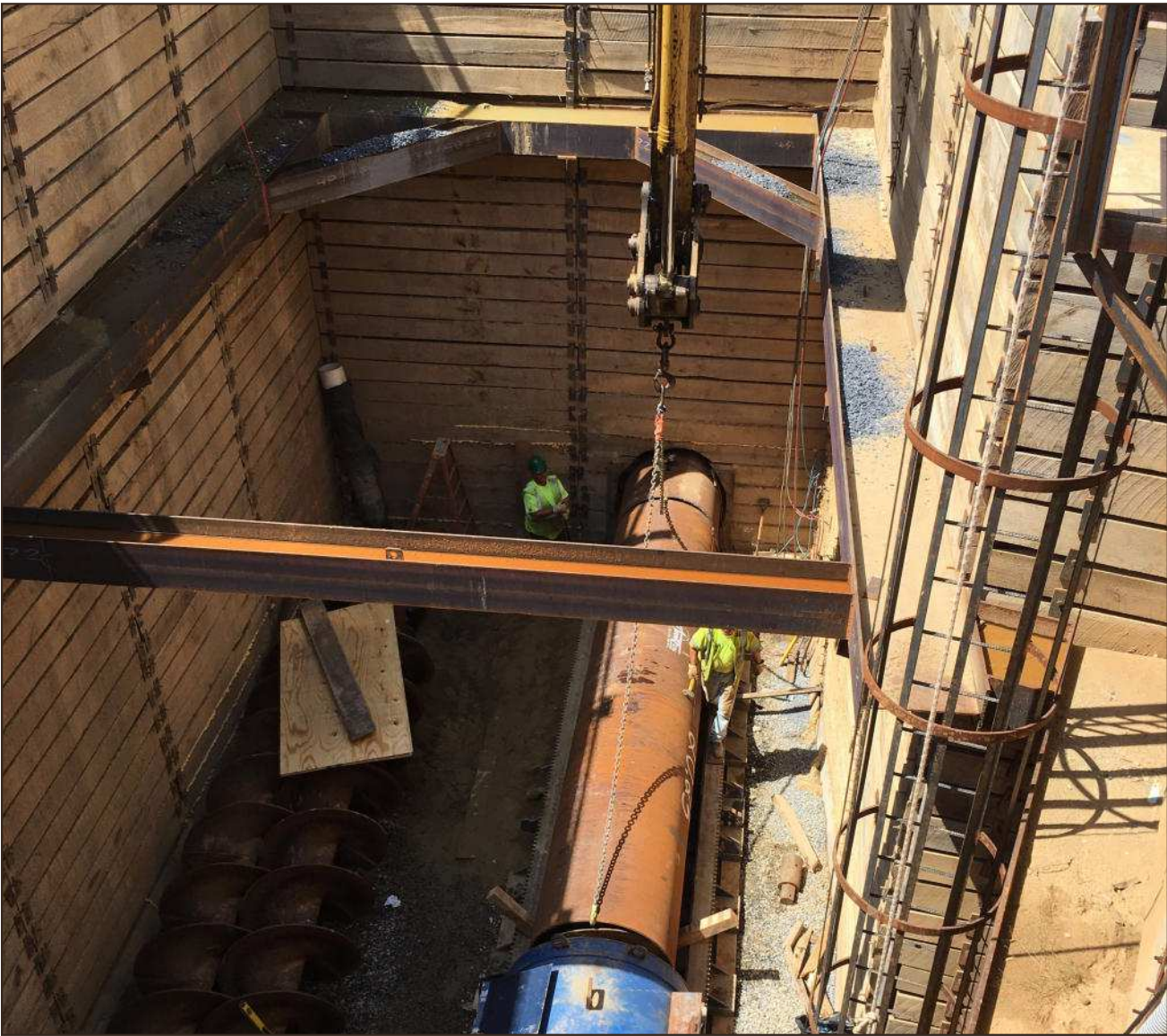


PHOTO BY SEAN HANLON

Workers ready a drill in one of the pits that is part of the utility relocation project.

CONSTRUCTION

From
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In the spring, parking in the G-Lot will close as a temporary modular building is constructed to house the several departments that have to move during the medical center remodel. The new parking garage on the H-Lot near the Children’s Development Center is set to open as well.

The parking garage on H-Lot has 650 parking spaces. Work on the project has been progressing with 268 reinforced precast concrete panels put up, according to construction manager Navy Lt. j.g. Quinn Mazant. He said the project is about halfway complete.

The project to build a two-story modular building in the G-Lot to house departments being relocated out of Buildings 2,4,6 7 and 8 during the medical center remodel is expected to be completed by the end of the year.

Another project set to start this spring is building a tunnel connecting the Medical Center Metro to just outside Gate 2. That will have minimal impact to NSAB, said Neil Schulman, NAVFAC civil engineer and base liaison for the project.

The purpose of the project is to improve safety when crossing the road, he said. The NSAB fence line near Gate 2 will be moved back to accommodate a place for people to exit the new tunnel outside of NSAB.

Most of the construction will take place during the weekend and at night; Gate 2 is set to stay open during the duration and the road will close a couple lanes at a time as the work progresses, he said.

That tunnel project is expected to be completed in 2020.

Another roadwork project scheduled to start this year is improving the Maryland 355 and Jones Bridge Road intersection, Emery said.

Emery said all these changes will cause challenges during construction, but in the end, the overall product will improve street safety and provide needed upgrades to the medical center to provide quality care to service members and their families.

“A lot of good things do occur – there’s a lot of dust to go through to get there,” Emery said.

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